



# Turkey Roast and Rice Soup

**Makes:** 8 Servings

Make a hearty soup by adding lean, chopped turkey roast. You may also serve turkey roasts with steamed vegetables or side salad and potatoes or rice to make a complete meal.

## Ingredients

- 5 ounces** thawed turkey roast (about 1 cup, chopped)
- 4** celery stalks (chopped)
- 4** carrots (peeled and sliced)
- 1** onion (chopped)
- 1** chicken bouillon cube
- 1 teaspoon** black pepper
- 4 cups** water
- 1 tablespoon** margarine

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>154</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	14 mg
<b>Sodium</b>	<b>157 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>8 g</b>
Vitamin D	0 mcg
Calcium	39 mg
Iron	1 mg
Potassium	249 mg

N/A - data is not available

## MyPlate Food Groups

<span style="color: green;">■</span> Vegetables	3/4 cup
<span style="color: orange;">■</span> Grains	1 ounce
<span style="color: purple;">■</span> Protein Foods	1/2 ounce

**1 cup** rice (uncooked)

**1 can** low-sodium green beans (drained, about 15 ounces)

## Directions

1. In a large pot over high heat, add the turkey roast, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over low heat for 30 minutes.
2. Cook rice according to package directions.
3. Add cooked rice and green beans into the soup and stir. Cook for 5 more minutes.

Recipe adapted from Commodity Supplemental Food Program Cookbook